

# CAA News

THE NEWSLETTER OF THE CENSUS ALUMNI ASSOCIATION ❖ January 2002

## Reunion Redux

Those of you who signed up for the October reunion should have received your refund checks long ago. The rest of you may be unaware that we had to cancel our plans because of increased security at Andrews AFB following the September 11 tragedy. We are checking on the possibility of a belated reunion luncheon in April or early May. You'll hear as soon as we have something definite.

## News From Alumni

**Don Starsinic** sent a newsy e-mail revealing all the activities he keeps involved in. He and wife Margaret have been busy taking her mother to high school and elementary school class reunions, and Don says he's become his family's genealogical expert. He was also involved in helping draw up boundaries for redistricting in his county. His Census Bureau experience was unknown to the commissioner who appointed him, but the plan he helped create was accepted without change.

He and Margaret were also interviewed by the local paper about their work with the Great Leaps reading tutoring program, and Don got his picture on the front page! Great Leaps focuses on phonics, phrases, and short stories aimed at making reading easier for 3rd through 5th graders.

**Sol Helfand** says that he and Estelle still enjoy living in Florida after 14 years. Their children gave them a super 50th anniversary party last year and topped it off with a cruise to Alaska! Sol says they see Ruth & Shelly Rubin often, and they get together often with Ron & Cheryl Piencykoski, Irv True and his wife, and Bob Crowther. They had a nice visit last year with Ty Sturdevant and his wife. This fall they traveled to Australia with Gerry Post (see his account on page 4).

## Relief for Nighttime Heartburn

Dr. Donald Castell, of the Graduate Hospital in Philadelphia, says stomach acids can also damage the esophagus and increase cancer risk. Here are some ways to stop the burn:

- Exercise before, not after, dinner. Exercising on a full stomach can trigger acid reflux.
- Eat a light dinner; try to eat your main meal and high-fat snacks early in the day. Fat can relax muscles in the esophagus, causing reflux.
- Don't eat anything after 8 p.m. Your stomach needs a full 3 hours to empty out before bedtime.
- Take over-the-counter and prescription medicines to decrease stomach acids just before going to bed.
- Go to sleep on your left side. The esophagus enters the stomach on the right side; sleeping on your left prevents any remaining food from pressing on the opening to the esophagus, which could cause reflux.

## Time to Pay Up

With the start of a new year, it's time to pay your \$5 annual CAA dues. To keep the newsletter coming and get invited to the next reunion, make your check out to CAA and send it to P.O. Box 1480, Suitland, MD 20752. **Do it now!**

## New Benefits Web Site

A new Web site developed by the National Council on Aging (NCOA) helps seniors connect with federal and state programs available to help them. The URL is [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org).

This site maintains eligibility criteria for 40 to 60 programs that seniors may be eligible for in each state. After filling out a simple on-line form, seniors receive a report detailing the programs for which they may qualify, along with information on where and how to apply for those benefits.